

# 5 A Day the Preschool Way

## 5 A Day Parent Presentation & Activity



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## Parent PowerPoint Presentation

Included on the CD of this module is a short PowerPoint presentation for use with parent groups. To open the PowerPoint presentation (created with PowerPoint 97), you must have PowerPoint installed on your computer.

To modify the presentation, you will have to save it to your hard drive – using a different file name, make the changes you want and then save it to another CD. When preparing for your presentation, select the Notes Page View. In this view you will find talking points for each slide. Use these to enhance your presentation.

# 5 A Day the Preschool Way



## Parent Activity to Accompany the Presentation

### Materials Needed

- Give Me 5 A Day by Florida Department of Health
- Paper plates
- Leaf lettuce
- Pineapple rings
- Celery sticks
- Flavored yogurt
- Raisins
- Red pepper slices or long thin carrot sticks
- Plasticware and napkins

After presenting the PowerPoint presentation included with this module it's recommended that the parent's experience one or more of the classroom activities that are planned for the center. Below are two suggestions for use with the parent group.

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### Activity One

Give Me 5 A Day

- Read the book Give Me 5 A Day with the participants. To make it most effective, be sure to encourage participants to jump up and down and turn around as dictated in the book.

### Activity Two

**Build a butterfly salad**

**(refer to child activity sheet for materials needed)**

- Put the lettuce on a plate.
- Use two pineapple rings for wings and a celery stick for the body.
- Add a scoop of low-fat yogurt to fill in each wing.
- Place three raisins on each wing.
- Finish with two strips of red pepper, or long thin carrot sticks for antennae.
- Enjoy!